

# Coaching Your Tech Teams with the **GROW** Method



Start by sharing an observation and explain the goal of this conversation.

**Goal**



Listen and use questions to explore and unpack any issues your team is currently facing.

**Reality**

**Options**



Consider experiments that will help your team improve their performance and rise above this challenge.

**Way Forward**

Decide on an action experiment and plan a meeting in the future to review how it went.